

4137017 NSCN/M : MAJOR : COMMUNITY HEALTH NURSING ; M.N.S.

(COMMUNITY HEALTH NURSING)

KEY WORDS : PERCEIVED HEALTH STATUS / HEALTH-PROMOTING
BEHAVIORS / ADULT MEN / CROWDED COMMUNITY

NAIYANA KANJANAPIBUL : THE RELATIONSHIP OF PERSONAL
FACTORS, PERCEIVED HEALTH STATUS, AND HEALTH-PROMOTING
BEHAVIORS AMONG ADULT MEN IN KHLONG TOEI CROWDED
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SUWONNAROOP, Ph.D. 90 P. ISBN 974-665-239-7.

Men's lifestyle habits are a major public health problem, resulting in an increase in mortality and morbidity rates. The purposes of this study were to assess perceived health status and health promoting behaviors, and also to determine the relationships of personal factors (age, marital status, educational level, job category and family income), perceived health status and health-promoting behaviors among adult men in Khlong Toei Crowded Community, using a descriptive research design. The conceptual framework used for this study was Pender's Health Promotion Model. Two hundred adult men, ranging in age from 20 to 59 years old, were recruited for this study. Data was collected through interview questionnaires modified from the Health Promoting Lifestyle Profile II (Walker, et al., 1995) and the General Health Perception Battery (Brook, et al., 1979). Descriptive statistics, Pearson's product moment correlation and partial correlation coefficients were used to analyze the data.

The results indicated that the overall health-promoting behaviors of the adult men were at a moderate level, whereas the physical activity and health responsibility subscales were at a poor level. Adult men perceived their health status at a moderate level. There were significant correlations among marital status, educational level, job category, family income, perceived health status and health-promoting behaviors, whereas there was no significant correlation between age and health-promoting behaviors.

The findings of this study suggest that interventions aimed to enhance health-promoting behaviors in adult men group should be developed. Nurses should increase attention on the groups of men not having a wife, low educational level, blue-collar worker, low family income and poor health perception.